

Lecture 14

# Food Security in Pakistan



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**20 February 2012**

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# What is Food Security or Insecurity?



Availability of food as well as a sense of security of the human being to get enough food in time:

- to meet maintenance requirements
- to maintain health for better performance of all acts of life, and
- to grow well to meet production requirements (healthy offspring, milk production, work output, etc.)

*A person is food deficient if he/she is consuming lesser than 2100 cal/day*

One's grain is another's drain

# Situation in Pakistan



- In 2008, 72 million people (51%) were food insecure and consumed less than 2,100 kcal per day.
- Since 2005-06 the food insecure population has increased by 12 million.
- The number of severely food insecure (consuming less than 1,700 kcal/day) has risen by 9.6 million to 45.3 million people (28%).

*Two third of severely food insecure people live in rural areas.*

# Food Security Indicators



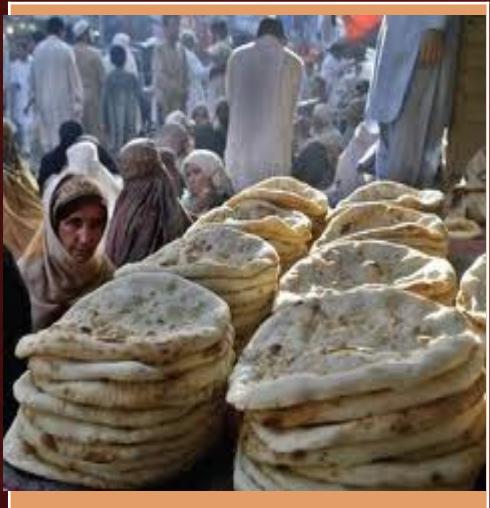
- Food production
- Income
- Total expenditure
- Food expenditure
- Share of expenditure on food
- Calorie consumption, and
- Nutritional status

# Factors Affecting Food Security



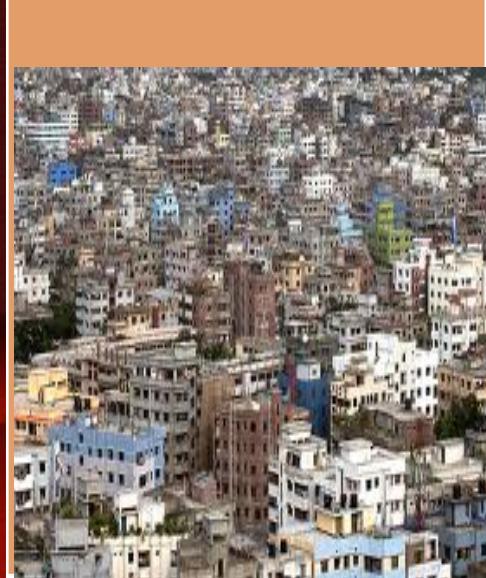
- Population pressure
- Famine
- War
- Earth quake
- Flood
- Poverty
- Food supply line

# Factors Affecting on Food Supply



- Urbanization
- Scarcity of irrigation water
- Polluted drinking water
- Disease
- Limited yield
- Imports
- Damage to agricultural lands
- Genetically modified crops

# Sustainable Food System



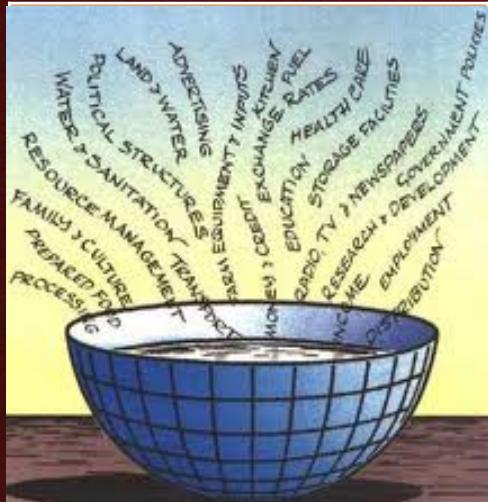
## Sustainable Food Systems

A Healthy, Sustainable Food System focuses on:

- Local, seasonal foods
- Health of the population
- Building communities
- Local economic development
- Supporting local producers, processors, distributors & retailers

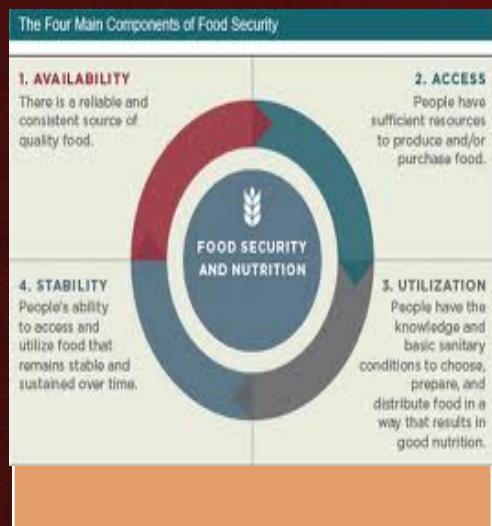


# Solution / Answer to Food In-Security



1. Population planning
2. Biodiversity
3. More food production  
(agriculture/livestock)
4. Enforcement of food regulations
5. Consumer behavior
  - Food information
  - Link of nutrition with health
  - Skipping one meal daily for others
  - Learning about hunger, poverty & food insecurity

# Solution / Answer to Food In-Security



6. Combat hunger & malnutrition and its causes
7. Expand international trade
8. Foster and encourage private enterprise
9. Reduce food wastage

# THANK YOU FOR YOUR INTEREST

## THINK!!

*How to end  
hunger in your  
community?*

